

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 4 - April 2021

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Welcome to our April Well-Being Newsletter!

Yes, it finally feels like spring! Spring is a boost to our mental health. Longer and warmer days affect our mood in a positive way and gives us a sense of being reenergized after the long winter months. In this edition we will be looking at the protective elements which can help us deal more effectively when faced with stressful events. Factors such as having strong positive personal relationships, positive coping strategies, including wellbeing practices into our daily life, as well as the ability to seek help when needed. These strategies help us cope with life's difficulties and build resilience.

5 Ways to Well-being



Healthy relationships with family and friends

Family support can provide comfort, support, and even influence better health outcomes when we are ill. Letting minor grievances go, spending time together, and expressing love and compassion to one another helps strengthen the bond. The same goes for close friends.

Connect

To make an effort to connect, both with our family and friends in order to nurture the relationships.

Learn to forgive

It is normal for disagreements or betrayal to arise in relationships but our choice about how to handle the hurt can have a powerful effect on the healing process.

Listen effectively and be compassionate

Listening to someone shows that we care by trying to put ourselves in the other person's shoes and listening without judgement or criticism.



Why I love cycling by Ms Chabaud (School Nurse)

I have always loved cycling and still remember my first bike: a little yellow thing with stabilisers. When those were removed, I was off! I could ride to school and explore areas further and further away from home. 30 years (plus!) later and I am still enjoying it as much as I did back then. I still have the same feeling of joy, calm and freedom when I am on my two wheels. It is both energizing and relaxing. I also become more aware of my surroundings and always like to challenge myself to reach new places.

Cycling is good for your health, you can go as slow (or as fast) as you want, regardless of your fitness level or your age; it is good for the environment too. The good news is that London is becoming more and more bike friendly.

If you are new to cycling or need a refresher, TFL offers free cycling training to ride around town:

<https://tfl.gov.uk/modes/cycling/cycle-skills>



Positive coping strategies

Coping skills help us deal with every day challenges in order to achieve positive mental health and well-being. They go a long way towards helping us function well despite challenges. These are some of them:

- Catching negative thoughts and replacing them with healthy ones;
- Setting and maintaining appropriate and healthy boundaries between you and others;
- Pray and/or meditate;
- Keep in the company of good people;
- Destressing with soothing activities like coloring, reading, etc.; whatever you enjoy.
- Eating healthy;
- Sleeping the right amount;
- Practicing gratitude every day;
- Creating little moments of joy in each day;
- Talking to someone you trust or a professional if you are struggling.

The more you use your coping skills, the better they'll work for you in overcoming difficulties and achieving better mental health and wellbeing.

How to improve my self-esteem



- Recognise what you are good at. We are all good at something;
- Build positive relationships: stay away from certain people who bring you down or tell them how you feel about their words or actions;
- Be kind to yourself: it means being gentle to yourself at times when you feel like being self-critical (think about what you would say to a friend); look after number one, that is you!
- Learn to be assertive: it is about respecting other people's opinions and needs and expecting the same from them;
- Learn to say no: people with low self-esteem often feel they have to say yes to other people, even when they do not really want to. The risk is that you become overburdened, resentful, angry and sad.

Staff Corner

Free and expert-led online mental health training – Register today:

https://www.place2be.org.uk/foundation?utm_source=sprint-email-teachers-hts&utm_medium=email&utm_campaign=MHC-F



Improving children's mental health



Your Mental Health Toolkit:

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)	National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
Mind 0300 123 3393 (Mon-Fri 9-6)	Victim Support 0808 168 9111 (24hrs)
Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)	ChildLine 0800 1111 (24hrs)
Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)	Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)
Samaritans 116 123 (24hrs free)	National Centre for Domestic Violence 0207 186 8270